

The Lifeline

St. Luke's Episcopal Church, Shawnee

July 2010

A Step in the Right Direction

We all know that walking is good for our health. Some of us walk regularly; some of us would like to do more walking than we do. I enjoy walking and didn't realize how much it did for me and how much I took it for granted. I recently nursed my mother as she recovered from knee replacement. She struggles to walk with a walker. I began to reflect on how fortunate I am to be able to use my legs and get up and go whenever I wanted. Most of us are very fortunate in that we are able to get out and exercise. However most of us need a little motivating.

If you are like me and need a little motivating, maybe we can motivate each other. So, I am inviting the members of St. Luke's to join me this summer for kind of a walk-a-thon. We can encourage one another and set individual goals so as to meet a bigger goal of 1,000 miles over 8 weeks.

Beginning Sunday July 4, I will have a sign-up sheet for you to record your name and the number of miles you walked over the week. We will be able to track our progress by watching the footprints "on the road to health" that will be on display in the back of the church.

At the end of eight weeks, on August 29th we will announce the total number of miles walked. Help us meet our goal of 1,000 miles. Our prize at the end of the road? To profess that we walked because we can walk!

What do you say? Will you join me? I encourage you to give it a try. Each step is a step in the right direction!

Peggy Cook

Where There's a Will There's a Way!

"If you die without a will, the state will divide your assets among your spouse and children (regardless of their age); appoint an administrator that may cost the estate large fees; and appoint guardians, who may or may not have been your choice, for your minor children. The state makes no charitable contributions, and it will ensure that your estate pays as much tax as possible.

By making a will, you appoint your own administrator; you name the guardian of your minor children; you control applicable taxes; you can create a family or charitable trust; and you can share your resources with your family, church, or other institutions as you choose."

This quote from a brochure entitled *The Ministry of Planned Giving*, published by the Episcopal Church Foundation, should make it clear just how important it is that you have a will. A will puts you in control of your assets, lets you have "the last word," and enables you leave your mark.

I bring this to your attention because, as your pastor and the Rector of St. Luke's, I hope you will remember this parish in your will. Two members of St. Luke's Church, who recently died, remembered their parish in their will: Charles Werly and

MissionPalooza, July 13-18

Fr. Arleigh Lassiter. Charles left nearly \$100,000 to St. Luke's with the hopes that we might do something good with it, such as establish an education endowment fund. He also left ownership of his car and home to St. Luke's. Fr. Lassiter left St. Luke's a 10% share of his estate, and named St. Luke's as a beneficiary of a life insurance policy. These two parishioners have made it clear that their parish is important to them and, even after their death, they're willing to put their money where their mouth is. I really want you to prayerfully consider following the example of Fr. Arleigh and Charles.

If you want to include St. Luke's in your will, the following language might be included: "I give, devise, and bequeath [describe the gift] to St. Luke's Episcopal Church, 5325 Nieman Road, Shawnee, Kansas, to be used [describe use] or as the church's governing board or Vestry deems appropriate." However, I would always recommend consulting with an attorney when making changes to your will, or when making a will.

Life insurance is another way to make a gift to the church. For example, you can purchase a new policy and make the church the owner and beneficiary of the policy. This enables you to "leverage" your gift, ultimately making a much larger gift than otherwise possible. Contributions to your church to pay the ongoing premiums become tax deductible. Or, you can make the church the owner and beneficiary of an existing policy. The current value of the policy is tax deductible, as are future premium payments. You can even make the church a contingent beneficiary of an existing policy, *i.e.*, name the church to receive the proceeds of the policy if the designated beneficiaries predecease the insured.

There are lots of ways for you to leave your mark on St. Luke's, even long after you are gone. I've mentioned a couple. But if any of this is interesting to you, or if you would like more information, I can put you in touch with Char DeWitt, the Planned Giving Officer for the Diocese of Kansas. As a steward of all the good things that God has enabled you to have, you owe it to yourself, to your family, and to your parish to make sure that your estate is managed appropriately and in accordance with your wishes.

Fr. Jim Cook

MissionPalooza is an outreach event of the Diocese of Kansas which trains teens to put their faith into action. For five days, youth come together in community, mission, fellowship and worship. Students spend their days in the urban mission field heeding Christ's call to feed the hungry, visit the sick and comfort those in need. The program, open to youth in the Dioceses of Kansas or West Missouri, is housed at St. Paul's Episcopal Church (KCMO).

On Wednesday, July 14th, St. Luke's will provide breakfast to the 90+ youth and adults at St. Paul's. We need help with two things:

First, we need people who are willing to show up at St. Paul's between 5:30 and 6:00 am to help warm food, set up the serving line, and serve. Please contact Jim or Brenda Carl (268-3654, jbcarl@stlukes.net) or the Parish Secretary (631-8597, parish-secretary@stlukes.net).

Second, we need people willing to donate food for the meal. We will be at St. Luke's on Tuesday, July 13th for as long as it takes to collect all the donations. Food items needed are as follows:

- Cereal (Honey Nut Cheerios, Rice Krispies, Fruit Loops);
- Milk (8 gallons);
- Orange & Apple Juice (no frozen juice please);
- Egg Casseroles;
- Biscuits (Can be purchased Sam's in bulk);
- Gravy Mix for the biscuits;
- Fresh Fruit (apples, oranges, bananas); and
- Mini Bagels & Cream Cheese.

You can also donate money to help us purchase the things that

St. Paul's Episcopal Church is located at 40th & Main. Thanks for all your support!

Jim & Brenda Carl

Other seeds fell on good soil and produced grain, some a hundred-fold, some sixty, some thirty.

(Matthew 13:8)



Ministry Leadership Openings

Breakfast at St. Paul's Coordinator. This position sends out emails before the fourth Saturday of each month as a reminder, and then shows up at St. Luke's at 8:30 AM on Saturday to pick up any groceries that have collected in our pantry, and to offer a ride to anyone who needs one. If you already enjoy offering your service at St. Paul's, please consider this position. Contact: Mike Jones.

Garden Angels Coordinator. This position simply organizes and schedules times for parishioners to tend to our gardens. If you enjoy gardening, and appreciate seeing our gardens kept well-tended, please consider this position. Contact: Dan Wheatcroft.

You may also contact Fr. Jim (631-8597; rector@stlukes.net) for more information about any of these ministry opportunities.

Note: We are so pleased that Kelly Wymer has agreed to take on the position of Director of Christian Ed. If, like Kelly, you love Jesus and children, please consider how my might give her your support.

Bible Study Small Group

Bob Mossman is facilitating a study of St. Paul's important letter, 1st Corinthians. The group meets each Saturday, 1-2 PM at the home of Russ & Pat Jones (5826 Oakview Street). For more information, the Jones' phone number is 268-4787 and Bob's is 669-5392.

Community Food Pantry

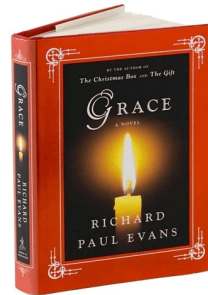
In the month of July, we are asked to donate toothpaste, toothbrushes, mouthwash, and floss. And, as always, Best Choice labels with the bar code included can be redeemed by the pantry for 3¢ each.

St. Paul's is also in need of the following: jelly, spaghetti sauce (cans or plastic), coffee (regular and instant), liquid dish soap, hand soap, bar soap, shampoo, lotion laundry detergent, oil, toilet paper, and *paper* grocery bags. If you're interested in volunteering or have questions, see Cindy Speicher, or contact Kim Palmer at 913-599-2009 or at kpalmer27@hotmail.com.

Summer Music at St. Luke's

Do you sing? Play an instrument? Want to sing with your family? Sign up on the bulletin board in the Narthex to provide music during the Offering on one or more Sundays during the summer! For more information, see Vicki Penny.

The Book Club



The book club selection for July is *Grace* by Richard Paul Evans. Our hosts are Fr. Jim and Peggy Cook, and we will gather at 7:00 PM on Friday, July 16 in the parish hall. All are welcome, even if you haven't had a chance to read the book. Newcomers and friends are always welcome!

Chapel Services at 10:15

We offer Children's Chapel for kids of elementary school age, in the Christ. Ed room. Youth Chapel for kids in middle and junior high school, is in the Library. Each offers activities that are age-appropriate. Children may join the age-group they're comfortable in. Kids will join their parents in church during the Peace.

ECW Annual Gathering

The annual gathering of Episcopal Church Women will be Saturday, Oct. 2 at St. John's Church in Parsons, KS. The guest speaker will be The Rev. Gail Greenwell of St. Michael & All Angels Episcopal Church, Mission, KS.



What's happening at 5:00 pm,
Saturday, August 28?

Hint: Look at the image above.

More details in the August Lifeline.

A Moment of Meditation ...

Submitted by Vincy Abraham

Prayer — The Greatest Single Power

James 5:16; Psalm 30:2; Luke 11:1; Psalm 27:14; Matt 6:5-15; James 1:6; Psalm 62:5; 55:22; 46:1-2, 10; Psalm 40:1; 121:7-8; 1 Pet. 5:10; 1 John 3:16-18

Dr. William Sadler, the psychiatrist, says that in neglecting prayer we are "neglecting the greatest single power in the healing of disease." He refuses to take a patient who does not believe in God – says it is impossible to get patients straightened out unless they have something to tie to and love beyond themselves. We are literally coming down to this alternative; mediation or medication. And even the latter is not effective unless linked with the former.

Then the art of prayer must be learned, for reservoirs of power are at our disposal if we can learn this art. "If we learn it" – that is the rub. People expect results without any practice of the art. We would deem a person foolish who stepped up to a musical instrument only occasionally, expecting to tune into Music and become the instrument of Music without long training and practice. The little son of a missionary bought a mouth organ in India and came home in tears: "This man cheated me. There is no 'God Save the King' in this mouth organ." We just as foolishly believe we can get ready-made results without the practice of prayer.

We live in an open universe. Anything that is right is possible if we will obey the laws of accomplishment and relate ourselves to its powers. Just as God has left open certain things contingent upon human will, and they will never be accomplished unless that will decides; so He has left open certain things contingent upon prayer – things which will never be accomplished unless we pray. To paraphrase Kipling's words: "Anyone might have heard it, but His whisper came to her." Why? She was trained in the art of listening.

There are three steps in the art of prayer: (1) Listen; (2) Learn; (3) Obey. Without all three, prayer will be a farce instead of a force. If we spent half the time in learning the art of prayer as we do learning any other art we would get ten times the results. While the three steps are the general steps in prayer, we must now come to specific steps in the art of prayer. There are nine.

1. Decide what you really want. I would stress the "you" – not a part of "you", a vagrant portion of "you" wandering into the prayer hour as a side adventure. It must be "you", the whole "you". For prayer is not a luxury; it is a life. If you take things from God they will be one result: God will get you, or prayer will cease, blocked by the refusal of self-giving. The request must be backed by you, or the answer will not be backed by God. God cannot give things to you apart from Himself, and you cannot take things from God apart from yourself. Prayer involved a mutual self-giving. Decide what you really want, for if the whole you does not really want it, prayer is blocked.

2. Decide whether the thing you want is a Christian thing. God is a Christ like God. His actions are Christ like actions; and He can answer prayer only if the thing desired is in accord with Christ. That is what Jesus meant when He said, "If ye shall ask anything in my name...." – in my character, according to my spirit. Don't try to get God to do something that isn't Christ like. He can't, for He can't do something against His own nature. Within that limit He gives you freedom to ask "anything."

3. Write it down. The expression will deepen the impression. I find that to write down a thing is almost destiny. I think I will change it; but once written, it is almost impossible to change it. With Pilate we say, "What I have written I have written." If you are willing to commit your prayer to paper, you probably really mean it. In writing it down you do two things: You write it more deeply on your own heart; you commit yourself more fully to a line of action. To write it down is one step in self-committal.

4. Still the mind. Just as the moon cannot be reflected well on a restless sea, so God cannot get to an unquiet mind. "Be still, and know;" be unstill and you do not know – God cannot get to you. In the stillness the prayer itself may be corrected. For God does not only answer prayer; He also corrects prayer and makes it more answerable. One night I bowed my head in silent prayer before a sermon and whispered to God, "O God, help me." Very quickly came back the reply: "I will do something better; I will use you."

That amendment was decidedly better. I was asking God to help me – I was the center; I was calling God in for my purposes. But "I will use you" meant I was not the center; something beyond me was the center, and I was only the instrument of that purpose beyond myself. God's answer shifted the whole center of gravity of the prayer.

5. Talk with God about it. The order of these steps is important: Listen to God before you talk. For, as someone has said, "Instead of saying, 'Speak Lord, for Thy servant heareth,' many say, 'Listen, Lord, for Thy servant speaketh.'" Let God have the first word and the last word – you take the middle word. Let your speaking with God be largely a turning over of the whole matter into His hands - you becoming the instrument of His purposes. Remember, the word is "Talk with God," and not, "Talk to God." Make prayer a two-way conversation.

6. Promise God what you will do to make this prayer come true. As the conversation is a two-way affair, so the accomplishment is a double affair. God answers the prayer, not for you, but with you. The answering of prayer is a co-operative endeavor. For God's interest is not to give you things, but to make you through the getting of those things. The end of the whole process of prayer is not the prayer but the person.

7. Do everything loving that come to your mind about it. That word "loving" is important. If the thing suggested to your mind is unloving, it is from below – perhaps from the depths of your subconscious mind; but if it is loving it is from above. A discerning friend said: "The only thing the devil can not get into is the love of Christ, for if he did, he wouldn't be the devil any longer." That word 'do' is also important; for if you are unwilling to do, you

have tied God's hands – he can't do, if you won't. Prayer is the working out of what God works in.

8. Thank God for answering in His own way. Remember that "No" is an answer, as well as "Yes". Sometimes He has to save us, as Tagore says, "by hard refusals." But if He refuses on one level, He refuses only to make an offer on a higher level. His "No" is only in order to a higher "Yes". But that "Yes" may be delayed - delayed in order to put persistence and toughened fiber in us. He often holds us off to deepen our characters, so that we won't be spiritual cry-babies if we don't get everything at once.

9. Release the whole prayer from your conscious thinking. If the prayer is real and has hold of you, it will be at work in the subconscious mind - there will be an undertone of prayer in all you do. But it should be released from the conscious mind lest it become an anxiety center and make you tense and wrought up. The very releasing of it from the conscious mind is an act of faith in God. You relax and trust God to do the right thing in the matter.

These nine steps is the ladder by which you climb from your emptiness to God's fullness. And prayer is just that – it is the opening of a channel from your emptiness to God's fullness.

Gracious Christ, teach me to pray. For if I fall down here I fall down everywhere – anemia spreads through my whole being. Give me the mind to pray, the love to pray, the will to pray. Let prayer be the aroma of every act, the atmosphere of every thought, my native air.

Gracious Spirit, I cannot pray, as I ought unless I become Spirit-taught. Inspire the prayers within me that I may pray according to Thy will, and hence be answered according to Thy power. For I would live a Spirit-inspired life, and hence as Spirit-empowered life. In Jesus name. Amen.

– Excerpt from "Abundant Living" by E. Stanley Jones (1884-1973), born in Baltimore, Maryland and was a 20th century Methodist missionary and theologian in India. He was nominated for the Nobel Peace Prize for his reconciliation work in Asia, Africa, and between Japan and the United States during World War II.

Ministry Schedule: July 2010

	July 4	July 11	July 18	July 25
Altar Guild 8:00	B Carl	B Carl	B Carl	V Clarke
Altar Guild 10:15	B Carl	P Jones	E Mathew V Clarke	C Uhrmacher
Acolytes 10:15	L & L Riddle	E Cook S & L Grandgenett	A & C Garton	E Sullivan C Gordon
Ushers 8:00	S Holmberg	S Holmberg	S Holmberg	S Holmberg
Ushers 10:15	J Carl B Carl	V Clarke C Burris	M Jones J Darnell	C & G Keller
Greeters 8:00	S Holmberg	S Holmberg	S Holmberg	S Holmberg
Greeters 10:15	D Breidenthal, V Clarke	T & R Schrempp	M & N Howard	S Jarvis C Jarvis
Lay Minister 8:00	V Clarke L/Ch	B Carl. L/Ch	U Prescott. L/Ch	R Jones L/Ch
Lay Ministers 10:15	B Carl Ps/Ch C Burris Cr/Ch C Smith L/I	T Jones Ps/Ch K Woods Cr/Ch TBA L/I	C Burris Ps/Ch J Carl Cr/Ch S Jarvis L/I	S Mann Ps/Ch R Wrede Cr/Ch TBA L/I
Lay Eucharistic Visitor	R & P Jones	V Clarke & S Mann	N & M Hayselden	B & J Carl
Counters	J & C Speicher, C Keller	R Knabel, S Sullivan	J & B Carl, A Verghese	J Darnell, C Ball D Callaway
Coffee Hosts	Zone 7	Zone 7	Zone 7	Zone 7
Mowers	J Darnell	C Speicher	T Grandgenett	D Uhrmacher

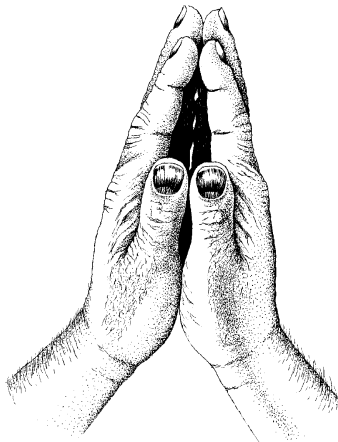
Legend: L/Ch = Lector, Chalice (usually at 8 A.M. only)
 Ps/Ch = Psalm, Chalice
 Cr/Ch = Creed, Chalice
 L/I = Lector, Intercessors

*If you cannot serve when scheduled, please try to find a replacement,
 or contact the parish office no later than the Friday that you are scheduled.
 We appreciate it very much!*

Remember in Your Prayers

Health & Strength Prayer List

Linda Ahrens, **Kathy Bagby**, **Gary Ball**, Terry Ball, **Larry Beecher**, **Terri Brown**, **Jeanette Burris**, **Jim Carl**, Rosie Christensen, Ava Conklin, Lauren Eddy, **Debbie Fowler**, Leslie Goodyear, **Pat & Jim Gray**, Nichole Greene, Marsha Gribble, **Christie Gutierrez**, J. O. Hall & Family, Don Harmon, **Tom & Nancy Hayselden**, **John Hoffman**, Phil Hudon family, **Bruce Jordan**, The Judnick family, Lloyd Keith, **Mason Kempf**, JoAnn & Gail Kent, Lloyd Keith, Brenda Kinsley, Charlene lassiter, Ava Courtlyn Lewis, Roger Liebst family, Steve Lynch Family, Christopher Maendele, Patricia Maendele, Martha Manning, Allen McDonald, Elizabeth & James McGranahan, **Niki McKechnie**, **Bruce Miller**, **Jeanne Miller**, Dan Monceret, **Sid Morris**, **Nanine Mossman**, Chris Mueller, Marilyn Murphy, **Natalie**, **Ardis O'Brien**, John Owen, Ruth Payne, **Linda Perkins**, **Cyd Pfeiffer**, **Liz Pfeiffer**, Sarah Reese, Robin, **Tim Rohrer**, Suzy Roper, Bud Rowan, Dwayne Sax, Fred Schrempp, **Edith Sheahan**, **Kirsta Sherman**, **Mary Smith**, Anna Shook, **KT Speicher**, Deb Stephens, Stacey Sutherland, Charles & Ruth Swan, Lois Taylor, Tim, Gene Turney, Randy Whitworth, **Art Woodman**, **Yolanda**, **Jacklynn Zuraski**.



July Birthdays

Jim Speicher	5
Caren Grandgenett	6
Judy Owens	8
Claire Gordon	11
Eileen Mueller	13
Shane Jarvis	14
Pat Gray	16
Gary Heflin	17
Mark Plunkett	18
Dawn Sullivan	18
Carla Albertson	20
Bruce Welton	20
Greg Bergman	21
Spencer Vipond	23
Jeanne Miller	26
Andrea Carl-Mance	26
Milly Pfeilsticker	28
Ed Allen	28

July Anniversaries

David & Lou Ann Capps	13
Junior & Joan Flores	18
Jim & Cindy Speicer	25
Carey & Jessica Sramek	26

✠ In Memoriam ✠

Virgil Hall, John Long, Darrell Howard

Homebound & Shut-In

June Harlow, Wanda Kirkham, Annette Redler, Harry Trotman, Kathy Bagby, Ed Allen

In the Armed Forces

Devon Allen, Caylen Hartshorn, Ben Dible, Michael Green, Scotty Gumm, Evan Hall, Harvey Hayselden, Benjamin Karpinski, Barry Palmer

Please contact the parish office to add or remove names.

Saint Luke's Episcopal Church

5325 Nieman Road • Shawnee, KS 66203-1939

www.stlukes.net

*Have you considered being a part of a small group?
We have several to choose from at St. Luke's Church!*

Saint Luke's Episcopal Church

5325 Nieman Road • Shawnee, KS 66203-1939

Phone: (913) 631-8597; Fax: 631-2838

Office Hours: Tuesday–Friday, 9:30am–2:30pm

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Kate Wood (A-2011) 913/745-4432
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